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Vancouver metro

Your essential daily news | WEDNESDAY, JANUARY 11, 2017 | High -1°C/Low -7°C Sunny

Obama bids America emotional farewell
metroNEWS

Buying a home in Vancouver? Welcome to the bank of mom & dad

metroNEWS

Homeowners catch a break

HOUSING

Critics call B.C. grant threshold increase a poor use of funds

Jen St. Denis
Metro | Vancouver

The provincial government has increased the home value threshold for the homeowner grant by 33 per cent, a decision B.C.'s finance minister says will help British Columbians remain in their homes amid skyrocketing property prices.

But critics say raising the grant threshold by a uniform amount across the province and for all income levels is a poor use of taxpayer funds.

The property value threshold to qualify for the $560 grant is now $1.6 million, up from $1.2 million in 2016. It means 91 per cent of British Columbian homeowners, and 83 per cent of Metro Vancouver owners, will qualify. The benefit will cost the government $821 million this year, up from $809 in 2016.

"I think it's time to question why the provincial government is offering grants to wealthy homeowners when there appears to be insufficient funds to subsidize single mothers who can't afford their rent," said Michael Geller, an architect and urban planner.

Marc Lee, an economist with the Canadian Centre for Policy Alternatives, has proposed eliminating the homeowner grant program in favour of an income-tested credit, similar to the GST credit, Canada Child Benefit or Old Age Security.

Metro Vancouver municipal leaders would like to see the homeowner grant increase more for the Vancouver region, to the point that 91 per cent of Metro Vancouver homeowners would be covered, said Vancouver Coun. Raymond Louie. Between January 2014 and September 2016, home prices in Metro Vancouver had risen by 52 per cent while the homeowner grant threshold rose by nine per cent.

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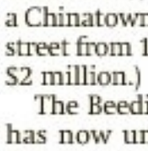
Chinatown condo still decried

URBAN PLANNING

Development endangers the community, group argues



Jen St. Denis
Metro | Vancouver

It's the fourth time around for a Chinatown development proposal — but members of a community group say they're still staunchly opposed to a plan by the Beedie Group to build a seven-storey condo building at 105 Keefer St.

"Last year the National Trust for Canada put Vancouver's Chinatown as No. 2 on an endangered site list," said Melody Ma of the group #SaveChinatownYVR.

"This project will contribute to that and will set precedent for rezoning applications in the future. Essentially, it's paving the way for Chinatown to become a Yaletown or Robson 2.0."

Chinatown has seen a recent wave of new condominium developments over the past few years, leading many residents to fear that Chinatown, with its traditional Chinese food shops and lower-cost housing, will be replaced by multi-million dollar luxury condos.

(Shortly after her interview with Metro, Ma tweeted about a Chinatown condo just up the street from 105 Keefer listed for $2 million.)

The Beedie proposal, which has now undergone four revisions, includes 25 units of "senior-focused" housing in partnership with BC Housing out of a total of 110 units, as well as a 1,000 square-foot space on the ground floor for a senior's cultural art space. The developer has reduced the height from 120 feet to 115 feet.

The proposal is supported by the Vancouver Chinatown Merchants Association and a Chinatown Coalition of seniors' arts and culture groups

The current site is being used as a parking lot. But Ma said the significance of the site to Chinatown — next to Memorial Square and across the street from the Sun Yat Sen Classical Chinese Garden — means the location deserves more than a "cookie-cutter" condo building.

"Everybody's always talking about physical displacement because that feels really tangible and real, but people forget about economic displacement — what happens when you put a $900,000 penthouse site in a place where the median income is $17,000," Ma said.

A group of Chinatown residents protested in November saying they no longer felt welcome in their long-time community. DAVID P. BALL/METRO FILE

metro NEWS

Your essential daily news

Dylann Roof sentenced to death for killing nine people in Charleston, South Carolina. **World**

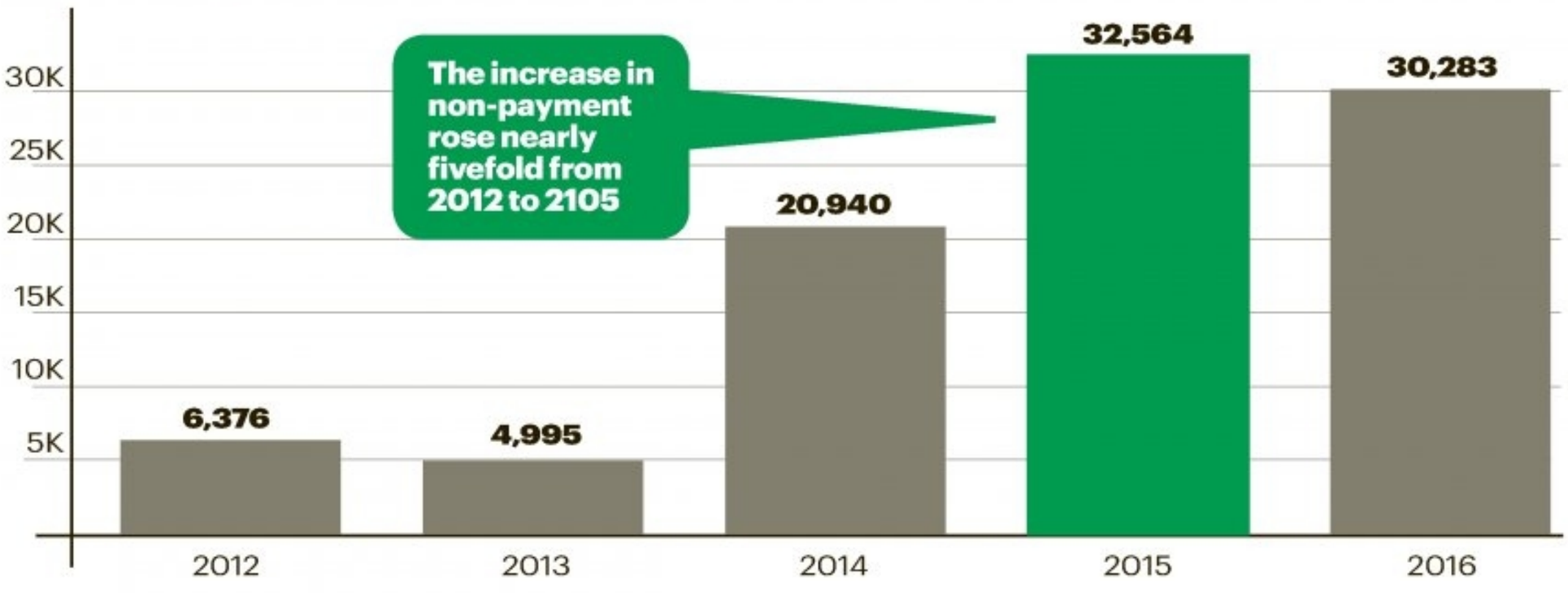
Families getting hydro break

ENERGY

But opposition says rate hikes are the real problem

David P. Ball
Metro | Vancouver

BY THE NUMBERS | BC Hydro accounts disconnected for non-payment



Last week, British Columbians broke a decade-long record for energy use.

That's thanks to "colder than average temperatures," according to BC Hydro, which saw the province's peak electricity consumption exceeded its previous 10-year high.

For working families and those living paycheque-to-paycheque, however, the burden of a sudden and unexpected spike in the heating bill could make balancing the books a lot more stressful — and in response, the Crown corporation has turned down the heat a little by allowing people extra time to pay up.

"Given the unusually cold weather, we anticipate that many of our customers will receive higher than normal bills," the utility's president and CEO said in a statement.

Under the new Winter Payment Plan, customers can opt to stretch out their bills between Dec. 1 and March 31 over a six-month time frame.

That's in addition to BC Hydro's existing option — also available by request — for consumers to be charged an average household's energy consumption every billing cycle, throughout the year, instead of paying more during colder months.

But while the Official Opposition's BC Hydro critic praised the agency's move to give families some extra time, it's the government in Victoria that should receive at least as much blame as Jack Frost for those families' payment difficulties.

Vancouver-Kingsway MLA Adrian Dix told Metro that BC Hydro rate increases mean more families are struggling to power their homes within their budget.

> **We had massive BC Hydro rate increases, which are effectively hidden taxes that have made things less and less affordable.**
> MLA Adrian Dix

"They've massively increased rates," Dix told Metro in a phone interview, "which is a massively bigger share of the problem than cold weather.

"We had massive BC Hydro rate increases, which are effectively hidden taxes that have made things less and less affordable. Those, and a very cold winter, take it past the breaking point for people."

According to Dix, the agency has increased rates by 28 per cent during Premier Christy Clark's time in office. And he cited an investigation by the online news site The Tyee this summer, plus BC Hydro submission to the B.C. Utilities Commission last year, as evidence that more families are struggling than ever before.

The number of BC Hydro users whose electricity was disconnected because of "non-payment" nearly rose nearly fivefold between 2012 and 2015, according to BC Hydro's Rate Design Application in 2015 — spiking from 6,376 customers cut off to 32,564 just three years later.

That's in part due to the automated cutoff process that accompanied smart meters, but Dix said that's only part of the picture.

"The number of disconnection orders reflects on the increased difficulty people have paying," he said. "Some even went without power because they simply couldn't reconnect."

Additionally, although just more than half of those disconnected BC Hydro customers were reconnected the same day, more than 15 per cent went without service for up to a week, and more than eight per cent up to three weeks.

"People are struggling. The deferral (initiative) itself is proof that people are unable to pay them."

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Creekside is one of several community centres that the park board has opened as warming centres during this unusually cold winter.
WANYEE LI/METRO

Short-term shelter shut

CREEKSIDE

Community centre served vulnerable in cold snap

Wanyee Li
Metro | Vancouver

The park board is not keeping Creekside Community Centre open overnight as a warming centre anymore after a child reportedly found a used hypodermic needle in the washroom Monday.

The child was unharmed, according to park board officials.

The decision to close Creekside as a warming centre and open Carnegie Community Centre overnight instead was unrelated to the needle incident and actually based on staff burnout, according to the park board's general manager, Malcolm Bromley.

"The closure of Creekside is not a reaction to that incident," he said. "What was envisioned as a very short-term plan has turned into a month-long plan now. Our staff are not geared up to run 24-hour operations out of our community centres."

The presence of needles in Vancouver is an unfortunate reality, he said.

"Unfortunately, dealing with syringes and injectables in Vancouver in our public spaces is, at times, commonplace in our parks and at some of our other community centres."

There were no sharps-disposal bins in the washrooms as of Tuesday morning but there was one at the front desk.

The park board intends to put a safe needle-disposal bin in all community centre washrooms in the future, the city said in a written statement.

Britannia, West End and Carnegie community centres will operate as warming centres Tuesday night. About 2,000 people have used the warming centres since the first two opened on Dec. 17, 2016, according to the park board.

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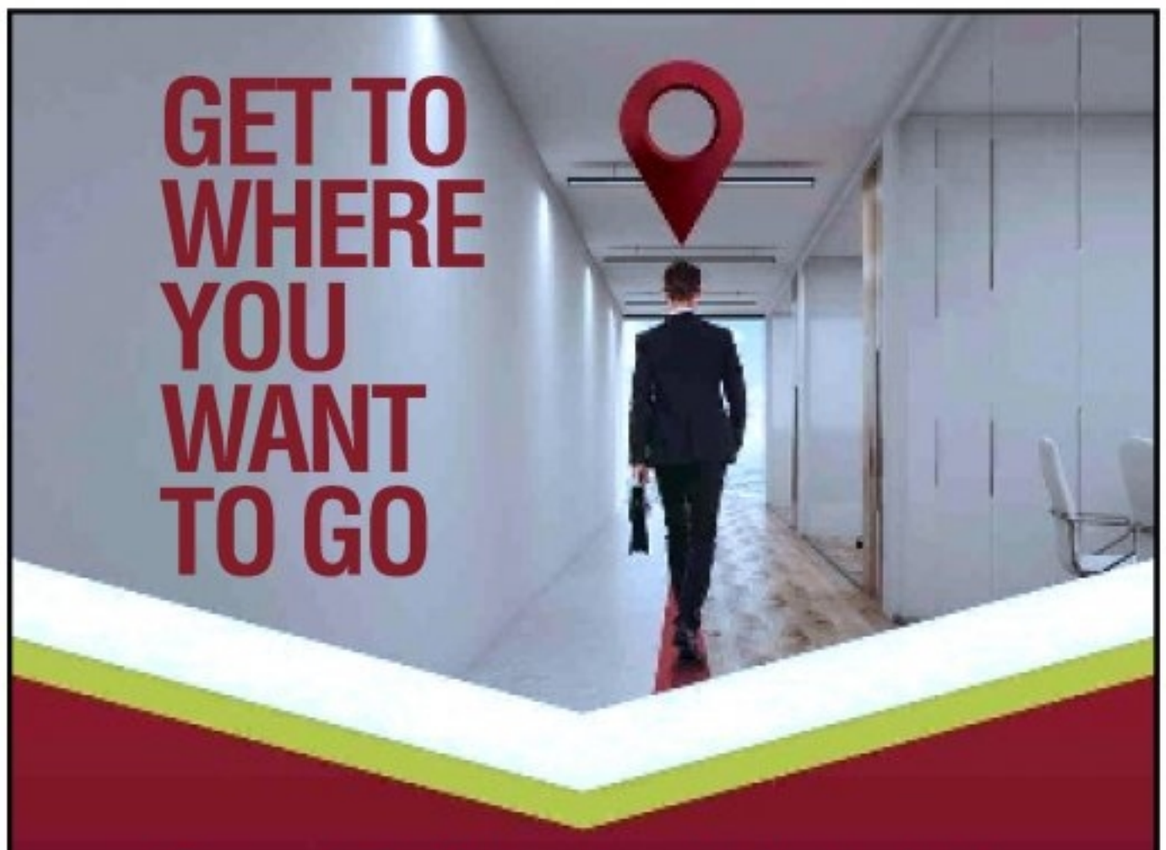

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First Nations group challenges project

INDIGENOUS RIGHTS

Heading to court to fight liquid natural gas proposal

Richard Wright, spokesman for the Hereditary Chief of Luutkudziwuus, holds up a copy of the lawsuit in Vancouver on Tuesday. THE CANADIAN PRESS

Members of a British Columbia First Nation have launched what has become the fourth Federal Court challenge against a liquefied natural-gas project proposed for the province's north coast.

Gitxsan Nation hereditary chiefs Charlie Wright and Yvonne Lattie filed a request for a judicial review of the Pacific Northwest LNG project on Tuesday in Vancouver on behalf of 650 members in various clans.

The leaders said in a news release that the project that was approved by the federal government last September will destroy habitat for already-depleted salmon stocks on the upper Skeena River watershed near Hazelton, B.C.

Approval of the project last fall did not respect First Nations' fishing rights as protected in the charter, they said.

Their legal challenge, along with three others filed last October, is aimed at derailing the project they consider a "very risky investment" amid a global glut in LNG, the leaders said in the release.

British Columbia's minister of natural-gas development Rich Coleman has said challenges remain on the LNG front but that markets in China and Japan are prepared to buy liquefied natural gas from B.C.

Gitxsan traditional territory is in northwestern B.C., near the area where a $11.4-billion LNG export terminal would be built on Lelu Island, near Prince Rupert.

The federal government announced its approval last year for the $36-billion terminal and pipeline project subject to 190 conditions, including a cap on carbon emissions.

THE CANADIAN PRESS

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Millennials bank on parents

HOUSING

Half of buyers who put down more than 5% relied on family

David P. Ball
Metro | Vancouver

Vancouver's "absurd" gap between its residents' incomes and "sky-high" house prices isn't just something for renters to whine about any more, a University of British Columbia professor has suggested.

It may also be an existential threat to the middle class as a whole, according to Patrick Condon, chair of Urban Design at the School of Architecture and Landscape Architecture (SALA).

"This is sort of the last dying gasp of a real middle class," Condon said in a phone interview, explaining how previous generations built their financial stability through home equity. "We have generational inequity here — it's not white collar versus blue collar workers anymore."

The B.C. Liberals recently announced a nearly $37,500 loan to help first-time buyers enter the housing market. JONATHAN HAYWARD/THE CANADIAN PRESS

With a provincial election approaching in May, the BC Liberals recently announced a nearly $37,500 loan to help first-time buyers enter the housing market — a move slammed by many economists as short-sighted, even financially dangerous.

Condon's remarks came in response to data compiled on Tuesday by the RateHub Digital Money Trends Report, which found that B.C. is second only to Quebec in how many first-time homeowners have to lean on their parents to pick up the tab of their first home.

Furthermore, for down payments greater than five per cent, B.C. is worse off than every other province, with nearly half of them bankrolled by relatives.

B.C. and Quebec saw the so-called "bank of mom and dad" beat out other provinces, with only 18 per cent of Atlantic first-time buyers helped out by family, one-third of Prairie buyers, and 35 per cent of Ontarian buyers.

> **This is sort of the last dying gasp of a real middle class.**
> Patrick Condon

"It was only recently you could expect to gain fairly substantial equity in the form of your house without having to have your parents bankroll the whole thing," Condon said. "For my generation, that was never expected.

"Those people who want to be in the housing market who don't have parents who can afford to bankroll them are increasingly having great difficulty. It's just another example of a stratified and perhaps even disappearing middle class."

According to RateHub, sky-high housing prices across the country — but most exacerbated in B.C. — mean that "the ability to gather enough funds for a down payment has become increasingly more difficult," it said in a press release.

"This is not just a Vancouver problem, although it's worse than any place else in North America," Condon said.

"The cost of homeownership is increasing faster than our incomes throughout the world in most places that have jobs and are worth living in."

While many millennials in Vancouver have opted to remain renters, there's a long-term tradeoff neglected by those suggesting young people abandon the homeownership dream altogether.

"I've been in agreement to some extent with that principle for some time, but the consequences of that have been forced on us," Condon said.

"Among the younger generation, unless they're supported by the bank of mom and dad, they are not going to purchase a home — and the downside of that is when they get to be 50, 60 or 70 they're not going to have equity available to them."

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CABINET SHUFFLE

Who's in and out

Justin Trudeau promoted MPs on Tuesday as part of a shakeup aimed in part at preparing for a Trump presidency. THE CANADIAN PRESS

Prime Minister Justin Trudeau joined by his newly sworn-in ministers. THE CANADIAN PRESS

Foreign Affairs

CHRYSTIA FREELAND leaves the trade portfolio to replace veteran Liberal MP **STEPHANE DION**, who announced Tuesday that he plans to leave active politics. Freeland is a cabinet superstar, credited with navigating through the Canada-European Union free-trade agreement — potentially valuable experience for dealing with the incoming Trump administration.

Immigration

AHMED HUSSEN, a Somali-born rookie MP in Toronto, is taking over the immigration portfolio from **JOHN MCCALLUM**, who is leaving politics to become ambassador to China.

International Trade

FRANCOIS-PHILIPPE CHAMPAGNE, a Quebec MP, takes on the trade portfolio following Chrystia Freeland's promotion.

Labour

PATTY HAJDU, who shone as status of women minister, is taking over the labour portfolio from **MARYANN MIHYCHUK**, who is being dumped from cabinet altogether.

Democratic Reform

KARINA GOULD of Burlington, Ont., takes Democratic Institutions from **MARYAM MONSEF**. Meanwhile, Monsef — widely criticized for her handling of Trudeau's promise to reform Canada's voting system — is moving to replace Hajdu at Status of Women.

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‘The future should be ours’

President Barack Obama arrives at McCormick Place in Chicago on Tuesday.
NAM Y. HUH/THE ASSOCIATED PRESS

POLITICS

Obama gives tearful farewell address as era of Trump looms

Conceding disappointments during his presidency yet offering vigorous encouragement for the nation’s future, U.S. President Barack Obama issued an emotional defence Tuesday night of his vision to Americans facing a moment of anxiety and a dramatic change in leadership.

Obama’s valedictory speech in his hometown of Chicago was a public meditation on the trials and triumphs, promises kept and promises broken that made up his eight years in the White House. Arguing his faith in America had been confirmed, Obama said he ends his tenure inspired by America’s “boundless capacity” for reinvention, and he declared: “The future should be ours.”

His delivery was forceful, but by the end he was wiping away tears as the crowd embraced him one last time.

Reflecting on the corrosive recent political campaign, he said, “That potential will be realized only if our democracy works. Only if our politics reflects the decency of our people. Only if all of us, regardless of our party affiliation or particular interest, help restore the sense of common purpose that we so badly need right now.”

He made no mention of Donald Trump, who will replace him in just 10 days. But when he noted the imminence of that change and the crowd began booing, he responded, that one of the nation’s great strengths, “is the peaceful transfer of power from one president to the next.”
THE ASSOCIATED PRESS

CLAIMS DENIED

Social media lit up Tuesday with unverified allegations of a sexual nature regarding Donald Trump, including a claim that the Russians possess a recording. Trump denied the rumours, tweeting: “FAKE NEWS — A TOTAL POLITICAL WITCH HUNT!” METRO

CHARLESTON, S.C.

Unrepentant Dylann Roof sentenced to death

Dylann Roof was sentenced to death Tuesday for fatally shooting nine black church members during a Bible study session in Charleston, S.C., becoming the first person ordered executed for a federal hate crime.

A jury deliberated for about three hours before returning with the decision, capping a trial in which the 22-year-old avowed white supremacist did not fight for his life or show any remorse. He served as his own attorney during sentencing and never asked for forgiveness or mercy or explained the massacre.

Hours earlier, Roof threw away one last chance to plead for his life, telling jurors: “I still feel like I had to do it.”

Dylann Roof
ASSOCIATED PRESS

Every juror looked directly at Roof as he spoke for about five minutes. A few nodded as he reminded them that they said during jury selection they could fairly weigh the factors of his case. Only one of them, he noted, had to disagree to spare his life.

“I have the right to ask you to give me a life sentence, but I’m not sure what good it would do anyway,” he said.
THE ASSOCIATED PRESS

Mom loses four kids at Berlin train station

A woman from Peru lost all four of her children at Berlin’s main train station Monday after briefly turning her back on them to buy a ticket.

German police said Tuesday that the tearful mother approached officers, who were able to find two of the children wandering around the station. A third turned up at another station in Berlin.

The fourth child, aged 3, was discovered by a conductor on a high-speed train.
THE ASSOCIATED PRESS

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INFRASTRUCTURE

Promised spending slow, watchdog says

The Trudeau government may fall short of spending all the money it planned to devote to infrastructure in the first year of its mandate, says a new analysis released Tuesday by the federal budget watchdog.

A report by parliamentary budget officer Jean-Denis Frechette found that some of Ottawa's planned infrastructure investments failed to materialize in the first half of 2016-17 and it warned a chunk of the cash may have to be spent in the future. THE CANADIAN PRESS

Music clubs fight to stay open

GOING OUT

Technology and changing tastes threaten music hubs

Mike Campbell didn't want his Carleton Music Bar and Grill venue in Halifax to join the growing list of Canadian musical haunts forced to close.

The former co-host of MuchMusic's 1990s series Mike and Mike's Excellent X-Canada Adventures tried everything, including a crowdfunding campaign to save the Carleton.

Technological trends, changing listener tastes and a challenging business model are threatening the dedicated performing spaces once home to young hopefuls and grizzled veterans.

Toronto's Hugh's Room became the latest to join the death-watch list when its owner Richard Carson abruptly closed the venue last week to weigh his options. The restaurant and music venue opened in 2001 as a stage for both local and international performers.

Other similar money-losing music hubs have seen their hopes dashed in recent years.

While it's impossible to pinpoint a single reason for why Canada's smaller concert stages are under so much pressure, there are a few recurring challenges. For one, audience habits have significantly changed, Campbell suggests.

A few years ago it would've been common to hit up a pub for drinks before heading to a nightclub, he says, but now many people favour pre-drink gatherings at home. Or, in the social media age, they may not meet in person at all.

Vancouver's Railway Club left a void in the local music scene when it couldn't find a buyer last year. And two years ago, Vancouver lost its only jazz club when the Cellar Jazz Club folded.

THE CANADIAN PRESS

The Carleton Music Bar and Grill in Halifax joins a growing list of Canadian musical haunts forced to close. THE CANADIAN PRESS

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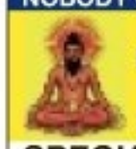

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metro VIEWS
Your essential daily news
Wednesday, January 11, 2017

JESSICA ALLEN ON THE HISTORY OF THE GOLDEN GLOBES

Streep may have undermined herself by making her principled stand at an event whose sponsoring organization is not exactly a paragon of principle.

Almost everyone was fair game for Twitter-borne Snark during the Golden Globes on Sunday: Al Roker, who called Jessica Biel "Jessica Alba"; Jenna Bush, who mashed together the Hidden Figures and Fences to create "Hidden Fences"; and Tom Hiddleston, whose out-of-touch acceptance speech felt longer than his relationship with Taylor Swift.

But Meryl Streep, who delivered a rousing six-minute oration while accepting the Cecil B. DeMille Award, was off limits — save, of course, for the nameless object of her vitriol.

Even now, to criticize Streep would be to commit media hara-kiri. So here goes.

It wasn't her message, that those in power ought to refrain from bullying. It wasn't her call to support the press. It wasn't even when she referred to the room as representing the "most vilified segments in American society right now," although that was a bit rich.

It was that Streep made a principled stand at an event whose sponsoring organization — a group of 90 shadowy, ostensibly foreign reporters who are required to have permanent residences in Southern California — is not exactly a paragon of principle.

I'm talking about the Hollywood Foreign Press. Like nearly every person who's ever accepted a Golden Globe, Streep thanked the association, which according to a 2010 piece by the Toronto Star's Peter Howell, was created in 1943 "by eight foreign journalists living in Hollywood, who were frustrated by their lack of access to top stars."

"They reasoned," Howell wrote, "that creating their own awards might turn things around, and that thinking paid off."

So well, in fact, that today studio publicists extend to HFPA members unfettered access to A-listers, usually in exotic locations, over dinner and drinks, while other critics and journalists are shut out.

Studio publicists extend to HFPA members unfettered access to A-listers while other critics and journalists are shut out.

Every year, the media writes scathingly of the association. Twenty-one years ago, the Washington Post reported that most members weren't full-time journalists but rather "part-time freelancers for small publications in places like Lithuania and Bangladesh, and include a college professor, a retired engineer, a man who runs an 'auto referral service,' and another who until recently sold appliances in Burbank."

Even bold-faced industry names speak out. "In 1993, director Rob Reiner complained to the New York Times about HFPA 'press conferences' that were nothing more than glorified photo-ops for its members," Richard Roeper reported in his 2005 book, Schlock Value: Hollywood at Its Worst.

More recently, in December, the Hollywood Reporter noted that HFPA asked members — there are four Canadians on the list, whose bylines I didn't recognize and I struggled to find any meaningful and recent work of theirs online — to return expensive bottles of Tom Ford-branded perfumes they were sent promoting the designer-turned-director's film Nocturnal Animals. One HFPA member refused a miniature wedding cake crowned with an interracial couple that Focus sent him to promote the film Loving. "I can't come home from a long day at the Four Seasons (attending press junkets and screenings) to find decaying food on my doorstep," he told THR. "I can't even tell you how many bottles of cheap wine I've gotten this year. The alcohol tends to come from the foreign films, which send stuff from their country."

Meryl Streep speaks while accepting the Cecil B. DeMille Award at the Golden Globe Awards in Beverly Hills, Calif., on Sunday.
THE ASSOCIATED PRESS

So why, asked Roeper, are the Golden Globes "taken so seriously when the voting is done by approximately ninety cliquish, junketeering entertainment reporters who have to produce only a handful of articles per year in order to remain in good standing with the HFPA?" Because as the entertainment press constantly tells us that the Globes "are like the primaries to the Oscars' general election, the Globes' stock just keeps on rising."

To be clear, it's not that the HFPA always gets it wrong. A few times over the last decade, they've awarded films with more staying power than the Academy did — think The Social Network vs. King's Speech, for example, or The Descendants vs. The Artist. But they're not even a particularly good indicator of what the Academy will choose. The Producers Guild Awards and the Critics Choice Awards are much better predictors, both having chosen the same best-picture winner as the Academy eight times over the last 10 years.

So why doesn't the Academy, some 6,000 members strong, take the bull by the horns? Last year, Oscar voting wrapped up two days before the Golden Globe winners were announced. This year they were extended until January 13 — five days after the Globes. I don't know. And I don't know why I care. No one else really does.

The only one who hinted at the hypocrisy on Sunday night was Viola Davis. When she accepted her award for best supporting actress in Fences, she dutifully thanked the Hollywood Foreign Press. And then she gave a hint at how the sausages are made: "This is my fifth nomination," Davis said. "I took all the pictures, went to the luncheon." She had to pause because the room erupted in knowing nods and chuckles.

"Been there, done that," they seemed to say.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Salute to the outgoing Obamas — the world is finally yours

I'm so excited to see the Obamas out of office. It'll be so gratifying to see them free.

They haven't exactly announced their next steps, but if you look closely the hints are there. Barack recently published his 13th paper in an academic journal. (Which "peers" exist to peer-review a study by the president of the United States?) If academia doesn't work for him, he also recently served as a groomsman in the wedding of a White House staffer. Imagine being able to hire Barack Obama to be your groomsman. The Secret Service knows how to throw stag parties.

Michelle, too, could go in a completely different direction. She can rock couture like a fashion model and can out-dance the best video vixen. However, she seems genuinely to believe in serving the public. In her last public speech, she promised young people that she'd be there for them for the rest of her life.

Some people want Michelle to enter into politics slash lead the Rebel Alliance against Darth Donald. That won't happen for two reasons. First, she doesn't want to. Second, America doesn't deserve her! My god, the names that she's been called over the last eight years — it's a miracle she hasn't given up her citizenship for a Kenyan one just to troll Fox News.

When Michelle first said, "I wake up every morning in a house that was built by slaves," I knew she was a better person than I because I would have burned it down the day after Inauguration day. Michelle and Barack woke up every day and managed not to cuss out America. Just for good manners and restraint alone, they were the best First Family in living memory.

(Recall, for example, that the Clinton's pets were in a constant feud?)

After eight years living within the bubble of the White House, it will be great to see Barack and Michelle let loose a little. Mind you, it will be only by a smidge: they are still Ivy League-educated lawyers who just wrapped up two terms playing nice with Republicans.

It could be (almost) anything and I would be happy for them. Michelle could take up a corporate gig for the oil industry and I'd root for her. Barack could decide, as all the greats unfortunately do, to record a rap album and I would give it a four-star review on iTunes.

Personally, I want them to have a reality TV show. Obamas! Unleashed! It'll be like Keeping up the Kardashians but with guest appearances from Kofi Annan and the Pope.

The only joy to their farewells is knowing that soon we'll be saying hello to the real Obamas.

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metro LIFE

Your essential daily news

Wednesday, January 11, 2017

40%

Forty per cent of Canadian women aged 35 to 45 have sex at least once a week; 33 per cent get it on less than once a month, according to a Chatelaine survey.

Students at Ganja Yoga studio in Toronto smoke from a vaporizer before class begins. COURTESY ANDREW WILLIAMSON

Ganja: A gateway drug to fitness?

CULTURE

Pairing weed and yoga may seem like a trend, but it has ancient roots

Mila Petkovic
For Metro

Yoga teacher Joey Lundgreen, 35, smiles warmly at students. People chat casually before class with their neighbours, as they take turns breathing from the vaporizer. The atmosphere here is warm, open and connected.

With his lion-like mane and fully embodied voice, Lundgreen leads the class through a series of breathing exercises.

"When I started this practice, (it) was a very helpful effect for me because my body was kinda very stuck and not very strong or capable, and this has been true for many of our students too. For this reason it's sometimes called 'Ganja Yoga, the gateway drug to fitness,'" said Lundgreen.

The drug helps people relax and open up, says studio owner Lucelene Pancini, 43, who also teaches at the studio. The dynamic blond woman — a former Brazilian champion of judo and jiu-jitsu — opened Ganja Yoga on Bloor Street West in Toronto in 2011, and has seen the number of students grow steadily over the years.

"It's beautiful to work with ganja but I tell people you have to be responsible too. A lot of people come here who have never smoked, or done yoga before. Anxiety or paranoia can come, so I provide a safe space, so people can look and say 'Lu is here for me,'" said Pancini.

The studio uses an energizing strain of cannabis called Sativa at the beginning of the class and the more relaxing, meditative Indica before going into the final resting state, Savasana. For legal reasons, the studio asks participants to contribute their own cannabis for the practice but shares the vaporizer.

"Breathing becomes slower and deeper and muscles let go, so for sure you can go much further into the poses," said Pancini, who has been teaching yoga for 12 years. "In the mind, it's the same thing. Because you're in the present moment you stop to care what the person is doing beside you."

"I know a lot of people really like the smoking aspect. I feel like offering it helps to set the mood and harness an environment that's perhaps less pretentious than other studios can be. It's a mixed crowd but there's a real sense of community atmosphere here.

Yoga student Kat, 31

Ganja yoga studios have existed for some years now in major centres like Toronto, Montreal and Vancouver. With the impending legalization of weed, and more and more dispensaries popping up, perhaps we will see an increase in such studios.

"One of the things we're doing is taking the stigma out of it a bit, and formally bringing it into practice of yoga. It makes for a beautiful, very friendly community environment compared to the often beautiful but somewhat sterile usual yoga studios," said Lundgreen.

Although the idea of pairing weed and yoga may seem cutting edge or à la mode, the practice goes back centuries.

Hindu deity Lord Shiva is said to have introduced cannabis to the people as a medicinal and spiritual aid, and the Vedas (sacred Hindu texts dating from 1200 BCE) record Indian holy men pairing yoga with cannabis preparations to connect to the divine.

Although the use of the plant did not become stigmatized in India until the 1960s when the government clamped down on it after an international conference, the use of bhang (a milkshake-like drink made with ground cannabis) is permitted in India during celebrations.

"I see it as a beautiful sacrament that can take you to another level — spiritually, physically — at least a little bit faster," said Pancini.

JOHANNA SCHNELLER WHAT I'M WATCHING

Moms baring all and bringing the truth

THE SHOW: Workin' Moms, Season 1, Episode 1
THE MOMENT: Baring it

First we see them from their (naked) shoulders up: three women sitting cross-legged in a Mommy-and-Me class circle, looking down at their own breasts and each other's.

"I feel like a proud show dog that didn't understand her days were numbered," says Frankie (Juno Rinaldi), a real estate agent. "Look at these things. It's like chicken skin."

Anne (Dani Kind), a psychiatrist, replies, "What are you talking about? Yours are OK." Kate (Catherine Reitman), a PR rep, says about hers, "They're not winning any blue ribbons. But they stuck in there. They might be a little deflated, but they're not throwing in the towel. I like them."

"I'm with you," Anne says. "I breastfed my first for five months. This is where they landed."

The camera pulls back. The three women are the only bare-chested ones in the group. They regard each other. "It could be worse, right?" Anne asks. "No, it could be better."

This is what we call an auspicious — and audacious — beginning. This is the series' opening scene and this is the message that Reitman (yes, daughter of Ivan), who also created and writes the show, is sending: We are going to bare all and we're going to tell the truth.

The Mommy-and-Me leader calls the circle a safe space, but Reitman and Co. know there's no such thing. Here we are in 2017 and still, very little in our society nurtures working moms (working humans). Mom-on-mom judgment still rankles.

This show exposes its characters' humanity and fights back with funny.

Workin' Moms airs Tuesdays on CBC.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The message Catherine Reitman, left, (who also created and writes the show) is sending is: We are going to bare all and we're going to tell the truth. CONTRIBUTED

LIQUID ASSETS PETER ROCKWELL

Hold the food; an Amarone is perfect all on its own

With so much emphasis put on pairing wine with food you might wonder if there are any wines that just taste good on their own.

While I've always been the camp that says "drink what you want when you want," the majority of the world's wine-makers, especially those in Europe, see their output as a piece of a puzzle that needs an accompanying eatable to complete the picture.

Though I've had them with a meal more than once, Italy's Amarone reds are nicknamed the "conversation wine" because their up-front personalities beg to be sipped and discussed all by their lonesome.

Made from partially-dried grapes, an Amarone is a dry, beast of a red typified by dark plummy fruit, a raisiny sweetness and low acidity (which makes it even less food-friendly).

Masi's 2011 Costasera Amarone della Valpolicella Classico ($42.95-$51.99) considers itself the benchmark of the style for a reason. Nicely balanced, and ticking all the classic Amarone boxes, it's built to ponder over a night of Netflix.

Prices reflect the range across the country. Some products may not be available in all provinces.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Pita or Naan?

These favourite traditional breads are far from similar when it comes to nutrition.

PICK THIS

Ozery Bakery Pitas (1 pita)

Calories 300
Fat 2g
Sodium 440mg

SKIP THIS

PC Traditional Naan (1 naan)

Calories 380
Fat 10g
Sodium 800mg

HERE'S WHY

Equivalent in sodium to more than 2 KFC Original Recipe Chicken Thighs.

Pita and naan breads are both favourites for dipping and for serving with Greek and Indian dishes, but both have a very different nutritional profile. Naan bread is more moist and tender than pita bread due to the added ghee (butter oil) and soybean or canola oil, which increases the total fat to 10g versus the 5g in the pita. The naan bread also has double the amount of sodium than the pita.

DRIVER THEORY

Inside job suspected in Kardashian Paris heist

Investigators focused Tuesday on a possible inside job in the theft of more than $10 million worth of jewelry from Kim Kardashian West, after taking her chauffeur that night and his brother into custody.

Three Paris officials confirmed the arrest of the driver and his brother among 17 people taken into custody. Michael Madar, 40, and Gary Madar, 27, worked for the same livery company, according to officials.

The officials would not elaborate on how they believe the theft was planned. Kardashian West's bodyguard was gone for the night, and the robbers forced their way into the private apartment where she was staying, tied her up and made off with the jewelry.

A spokeswoman for the reality star said she had no comment.

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Your essential daily news

2017 Continental Supersports Bentley to reach top speed of 336 km/h

Let MDX do some of the work for you

REVIEW

2017 refresh comes with lane keep assist

Stephen Elmer
AutoGuide.com

So how do automakers cope with the speed of things when they are not ready with an all-new model? By wrapping new skin around an old frame and selling it as all-new. A prime example? Meet the 2017 Acura MDX.

For 2017, what's newest about the MDX is what you see. There are some packaging changes and some added content, but for the most part, the new styling is the biggest change here.

Some of the visual additions include the diamond pentagon grille, restyled jewel eye headlights and a fresh front bumper. I'll let you decide if it's good looking or not, but one thing seems certain: the exterior redesign was extensive, but the changes on the inside, not so much.

Moving inside the MDX, you would be hard pressed to name it as a new model, though that doesn't necessarily mean it's a bad cabin. First the positives. The Olive Ash Burl wood fund in our fully loaded model is gorgeous, as is the leather that wraps the comfortable seats. It feels especially nice on the steering wheel, offering a supple tactile feel.

To look at, the interior including its dual-screen centre stack is quite nice to look at, though the esthetics of the infotainment are let down by the operation. Thankfully Acura hasn't done away with the volume knob like Honda has in its products, but still, this infotainment system is not all that intuitive.

Slightly thicker sway bars on this SH-AWD model help in part to provide excellent body control in this 1,946-kilogram crossover. The MDX handles corners fairly flat, with handling that feels slightly tighter than its competitors. Some of that can also be chalked up to the SH-AWD system, which can send different amounts of torque to individual wheels to help the MDX rotate and stay nimble.

It's also nice and quiet in the cabin, while the V6 simultaneously manages a nice exhaust note; on the quieter side of aggressive, but enough to remind you that the V6 has a little bite to it.

Power doesn't come on until higher into the rev range, but the nine-speed transmission allows for power delivery to feel fairly strong on the low end.

For 2017, every single MDX model comes equipped with the AcuraWatch suite of safety features and driver-assist technologies, which includes collision-mitigating brakes, lane-departure warning, forward-collision warning, adaptive cruise control, road-departure mitigation and lane-keeping assist.

That last one is probably the most noticeable, as the lane keep assist in the MDX is quite aggressive and works quite well. To use it optimally, you keep your hands on the wheel but slightly loosen your grip, allowing the MDX to do some of the work for you.

THE CHECKLIST | 2017 ACURA MDX

THE BASICS

Engine: 3.5-litre V6
Power: 290 horsepower, 267 pound-feet of torque
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.2 city, 9 highway, 10.7 combined
Price: Starting at $53,690

LOVE IT

- Great handling
- Sharp looking
- Good safety technology

LEAVE IT

- Convoluted centre stack
- Infotainment system

BUSINESS PLAN

Mitsubishi to focus on selling more crossovers, SUVs

Craig Cole
AutoGuide.com

Mitsubishi has been struggling in North America for more than a decade.

Despite its continued hardship, surrender is simply not an option. According to Don Swearingen, executive vice-president and chief operating officer of Mitsubishi Motors North America, pulling out of the market like, say, Isuzu or Suzuki "was never something we considered," not even during the darkest days of the Great Recession of 2008.

"We had to get very lean, don't get me wrong," Swearingen explained, and the brand's outdated lineup attests to a long-term lack of investment dollars. Things are different today, however, even if it doesn't look like it from the outside.

Swearingen said fleet sales are capped at just 10 per cent of overall volume, the company is focused on profitability by not offering vehicles in the U.S. it can't make money on, and it is on track to deliver 100,000 units in its latest fiscal year, which ends in March. For all of 2016, it sold more than 96,000 vehicles in the U.S.

More importantly than all of this, two years ago, Mitsubishi's North American arm started making money once again. Ditto for its 360 U.S. dealerships, which are raking in the highest profits they have since 2002.

Going forward, Swearingen said crossovers will be the segment Mitsubishi focuses on, as drivers just can't get enough car-based utility vehicles. Today, 65 per cent of Mitsubishi's U.S. sales are CUVs, with its Outlander Sport leading the charge.

Curiously, cars will not play a major role in the ongoing renaissance. Swearingen said the recently departed Lancer Evolution is a great halo product for the brand but "from a business-case perspective, the volume just isn't there." In simple terms, don't expect an all-new model anytime soon.

A family sedan isn't on the table, either.

"The D-segment is too competitive," noted Swearingen. "I have no interest."

Mitsubishi's limited investment dollars will be pooled in the crossover segment where it can make the greatest impact.

But this doesn't mean it won't offer a smaller four-door model in the coming years. Swearingen said a new compact car (C-segment) is the second most-requested product by Mitsubishi dealerships, with a pickup truck topping their wish lists.

The company's new partnership with Nissan could help speed the development of fresh products and it should also trim costs. Among many other partnerships, Swearingen said Mitsubishi will share common parts with Nissan going forward, but only components that consumers don't see.

AUTO SHOWS

Mitsubishi has not participated in the Detroit Auto Show for eight years. However, it will be attending other major shows on the global circuit including Chicago, New York and Geneva.

metro SPORTS

"Maybe he flies under the radar but not in this room": Mark Barberio on Habs teammate Max Pacioretty who is still waiting for his all-star nod

Canucks fall prey to Predators in OT

NHL

Vancouver drops second game in a row after win streak

Calle Jarnkrok scored a shorthanded goal with 1.5 seconds remaining in overtime to lift the Nashville Predators to a 2-1 win over the Vancouver Canucks on Tuesday night.

With time ticking down in the extra frame, Roman Josi blocked a shot from Troy Stecher just outside the crease of Nashville goalie Pekka Rinne. Josi immediately took possession of the puck and went up ice on a 2-on-1 with Jarnkrok. In the low slot, Josi slid a pass to his right, where Jarnkrok was there to one-time the puck past Vancouver goalie Ryan Miller.

Austin Watson had the other Nashville goal and Rinne finished with 29 saves for the Predators, who snapped a two-game losing streak.

Brandon Sutter had the lone goal for Vancouver, losers of two-straight following their season-high, six-game winning streak. Miller made 24 saves.

With under a minute left in the third and Miller pulled in favour of an extra attacker, Nashville's Colton Sissons carried the puck up ice, but Vancouver's Sven Baertschi knocked it loose, sending Sutter the other way. At the right faceoff dot, Sutter snapped a wrist shot between Rinne's pads.

Canucks centre Henrik Sedin and Predators defenceman Ryan Ellis chase the puck on Tuesday night in Nashville. MARK ZALESKI/THE ASSOCIATED PRESS

TUESDAY In Nashville

2	1
PREDS	CANUCKS

Watson scored the game's first goal 35 seconds into the second period. From the left point, Mike Fisher's shot ricocheted off of the end boards and came to Watson in the lower part of the right faceoff circle. With Miller on the other side as a result of Fisher's chance, Watson corralled the puck and put it into the vacated net for his third goal of the season.

Watson has scored in consecutive games for the first time in his career.

The loss snapped Miller's five-game winning streak.

Rinne was tested early in the first period when Jack Skille had an open look at the Nashville net from the low slot. The Finn, normally known for his spectacular glove saves, denied Skille's chance with the crown of his goalie mask to keep the game scoreless.

THE ASSOCIATED PRESS

FIFA

Council approves 48-team World Cup

FIFA will expand the World Cup to 48 teams, adding 16 extra nations to the 2026 tournament that is likely to be held in North America.

President Gianni Infantino's favoured plan — for 16 three-team groups with the top two advancing to a round of 32 — was unanimously approved Tuesday by the FIFA Council.

It meets Infantino's election pledge of a bigger and more inclusive World Cup going beyond European and South American teams, which have won all 20 titles.

"We have to shape the football World Cup of the 21st century," said Infantino, who also promised funding increases for FIFA's 211 member federations at his election last February.

With 80 matches instead of 64, FIFA forecasts the equivalent of $1 billion extra income at current rates from broadcasting and sponsor deals, plus ticket sales, compared to $5.5 billion revenue forecast for the 2018 World Cup in Russia.

80

The expansion will increase the number of matches from 64 to 80.

FIFA projects an increased profit of $640 million despite some extra operating costs and prize money for teams.

FIFA's six continents should find out by May how many extra places they will each get.

THE ASSOCIATED PRESS

IN BRIEF

Rousey ends her silence from 'rock bottom'

Former UFC champ Ronda Rousey is turning to Harry Potter author J.K. Rowling for inspiration more than a week after getting humiliated in a comeback match against Amanda Nunes.

On Monday, Rousey posted a quote from Rowling on Instagram, "And so rock bottom became the solid foundation on which I rebuilt my life."

Nunes defeated Rousey in just 48 seconds on Dec. 30.

THE ASSOCIATED PRESS

DeRozan decisive vs. Celts

DeMar DeRozan scored 41 points and Jonas Valanciunas added 18 points and 23 rebounds as the Raptors came back for a 114-106 win over the Boston Celtics on Tuesday in Toronto.

The win ended a two-game slide and prevented Boston (23-15) from pulling even with the first-place Raptors (25-13) in the Atlantic Division standings.

Isaiah Thomas led the Celtics with 27 points.

THE CANADIAN PRESS

DO YOU PLAY SLOTS?

Participants needed for 2 hour paid research study at the Centre for Gambling Research at UBC.

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Principal Investigator: Dr. Luke Clark

CENTRE for GAMBLING RESEARCH at UBC

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MAKE IT TONIGHT

Crunchy Cauliflower Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A light coating of bread crumbs give these veggie tacos an addictive crunch.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or bread crumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

Directions

1. Chop cauliflower into florets. In large bowl, toss with olive oil.

2. On a large, flat plate mix panko, spices and a bit of salt and pepper. Toss florets in mix until coated. Spread on a baking sheet and pop in oven 25 to 30 minutes, until cauliiflower is golden and tender.

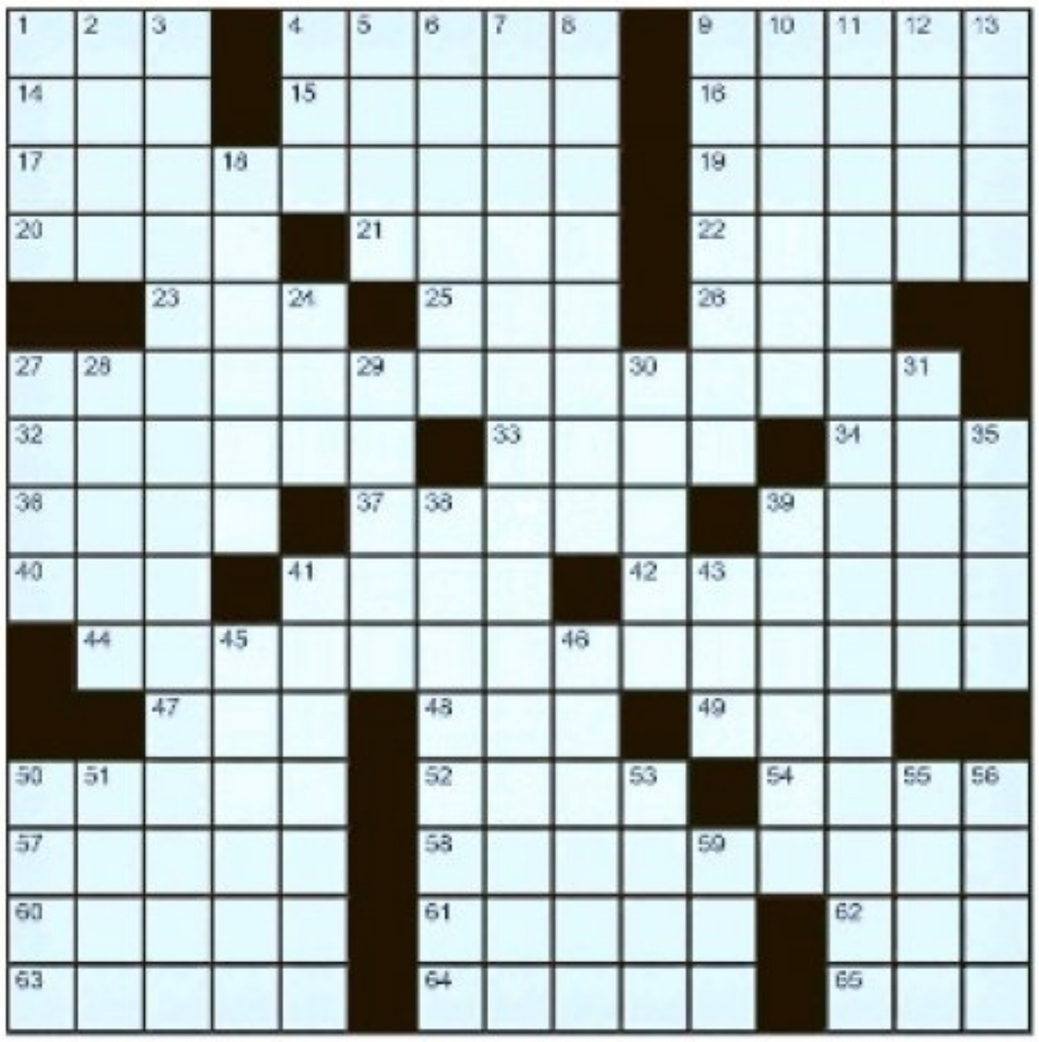
3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until smooth. Taste and add salt and pepper.

4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortillas. Place a handful of the baked cauli on top, then load on your toppings.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Spa mask material
4. Olympic award
9. Sprays
14. "Take __, _ insist."
15. Andrea __ (Ill-fated ocean liner)
16. Mult., div. subj.
17. Refuge
19. 6/49, e.g.
20. Cabbage: French
21. Pet rights org.
22. "Party Rock Anthem" duo
23. Initials-sharers of The Miracles' lead singer
25. Suffix with 'Jacob'
26. War on Poverty agcy.
27. TV channel, with The, that gives coast-to-coast forecasts: 2 wds.
32. Archie and Edith's street on "All in the Family"
33. Many a moon
34. Jackie O's hubby
36. Macy Gray hit: 2 wds.
37. Hilly range
39. Accelerated
40. Sea: French
41. Baseball star Sammy
42. Rita Hayworth's 1953 title biblical role
44. '__ Authorized Personnel Only' (Warning on the door of a secretive facility)
47. Cow sound
48. "__ for two and me..."
49. Mel of baseball
50. Hilary of "Amelia" (2009)
52. Close-fitting
54. Ancient love god
57. Thomas __ (American colonial pamphleteer)
58. Wedding party member
60. __ ear
61. Brother, in Brossard
62. The Young Rascals tune: "How Can __ Sure"
63. Arboreal architectures
64. Uncanny
65. Mr. Pennington and Mr. Cobb

DOWN
1. Assorted [abbr.]
2. Salt Lake City's site
3. Drumheller discoveries: 2 wds.
4. Summer hrs. in Alberta
5. 'Right' suffix
6. "Mad Men" character Don
7. Big sports/concert venue in Toronto: 3 wds.
8. Birth a before-being-a-baby bird: 3 wds.
9. "Harry Potter and the Deathly __: Part 1" (2010)
10. "__..." (Start of Juliet's famous line)
11. Do motionless modelling for the painter: 4 wds.
12. Beyonce's "Cadillac Records" (2008) role
13. "Vamoose!"
18. Respectful gesture when meeting The Queen
24. Talking Heads song: "And __ Was"
27. Lark
28. Dinner deleter
29. Boo-boo
30. Dita Von __ (Queen of Burlesque)
31. Krispy __ Doughnuts
35. Notion
38. "Has testing been done on this product?": 3 wds.
39. Scheduled
41. Irish writer Bram's family
43. Hubbub
45. Shakespearean verse
46. Stretched more tightly
50. Michael J. Fox show, "__ City"
51. Lessen
53. British songstress Ms. Halliwell
55. Dionne Warwick's "Walk __"
56. Fr. women-with-halos
59. Born, in biographies

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you're not afraid to dream big! You're entertaining big plans for your future, and you might make big proposals to bosses, parents and VIPs.

Taurus April 21 - May 21
You're excited about travel plans -- and we're talking big travel plans! Likewise, some of you have big ideas about higher education, publishing and the media.

Gemini May 22 - June 21
You feel confident during discussions about inheritances and shared property today, which is why you definitely will steer things the way you want them to go.

Cancer June 22 - July 23
Relations with partners and close friends are intense today. Everything seems to be bigger than life. Your wants are important, and so are the wants of someone else.

Leo July 24 - Aug. 23
You are busy at work today because you want to accomplish so much. Plus, you have high standards for yourself and others. "Shoot for the moon!"

Virgo Aug. 24 - Sept. 23
This is a playful, romantic and funloving day! Make plans to socialize with others. Enjoy sports events, fun activities with children and schmoozing with friends.

Libra Sept. 24 - Oct. 23
Your interactions with a parent or a family member will be strong today. You know what you want, and this person knows what he or she wants. Surely you can meet somewhere in the middle.

Scorpio Oct. 24 - Nov. 22
This is a busy day! Be careful that you don't overbook short trips, appointments, errands and talking to everyone. Plus, there's all that reading and writing you have to do. Gasp!

Sagittarius Nov. 23 - Dec. 21
Today you're focused on money and cash flow. Caution: Do not go overboard or be overly confident. Make sure you know what you're doing, then do it.

Capricorn Dec. 22 - Jan. 20
You feel empowered today because the Sun is in your sign, getting a boost from lucky Jupiter. Use today to go after what you want. You likely will get it.

Aquarius Jan. 21 - Feb. 19
You will be effective working alone or behind the scenes today. Sometimes that's actually the most powerful place to be, because you're not distracted by external business.

Pisces
Feb. 20 - March 20
This is a popular day for you! Enjoy hanging out with others, and also enjoy professional associations with colleagues or people in clubs and groups. Don't hesitate to speak up.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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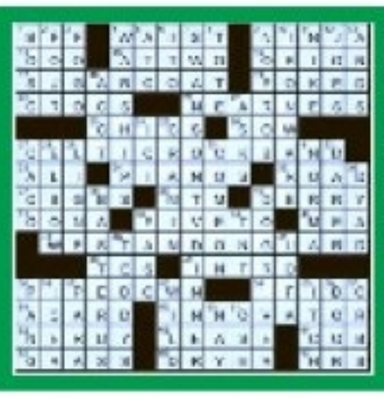

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1	6	3	2	8	9	7	4	5
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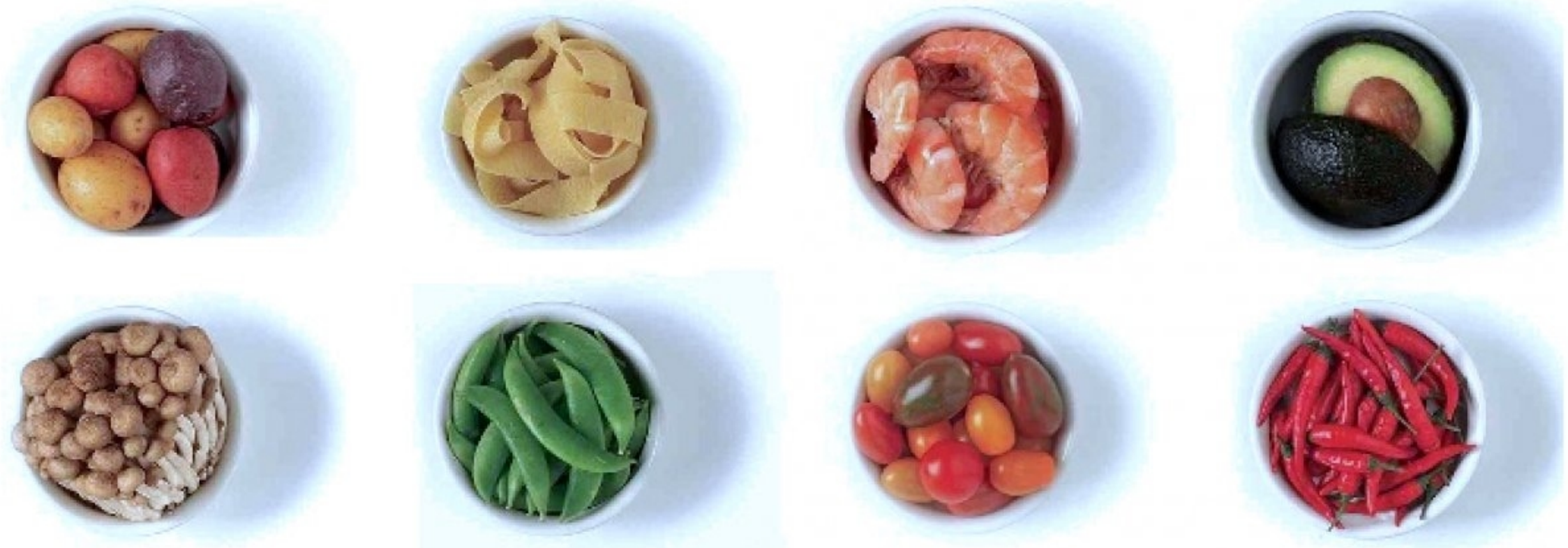
Mix ingredients. Season to taste. Serve over 17 days.



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FESTIVAL

From every meal to every mile, Aeroplan brings you experiences to relish. We're proud to be partnering with this year's Dine Out™ Vancouver Festival and be the Presenting Sponsor of the Vancouver World Chef Exchange.

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aeroplan

Welcome, culinary adventurers!

Bring your appetite and join us for Tourism Vancouver's 2017 Dine Out Vancouver Festival, a city-wide collaboration whose creative dining experiences consistently set the bar for food festivals worldwide.

Every year over the course of 17 days, our entire city – along with visitors from as far as China, Australia and Brazil – unites to explore and celebrate the best of Vancouver's culinary scene. This year is particularly special as we bring out the sparklers and cakes for Dine Out's 15th anniversary. The 2017 menu features a diverse collection of culinary-themed experiences; hotel packages that allow locals and visitors alike to transform a delightful evening out into a decadent overnight holiday; and more than 280 restaurants featuring prix fixe menus.

We are especially excited about this year's Vancouver World Chef Exchange, presented by Aeroplan, which fosters collaborations between Vancouver chefs and their esteemed colleagues from culinary hotspots like London, New York and Mexico City. These dinners, along with the ever-expanding scope and scale of Dine Out, reinforce Vancouver's reputation not only as an international culinary destination but also a welcoming region whose hospitality industry tirelessly and quietly validates our standing as one of the world's best cities.

Dine Out is a time for us locals to re-familiarize ourselves with the breadth of culinary talent right at our fingertips. And it is also our opportunity to invite our neighbours to join us at the table over a globally shared love: food.

Congratulations to the organizing team as well as participating restaurants, hotels, event producers and sponsors, all of whom have worked together over the last several months to guarantee the success of this year's 15th anniversary festival. Cheers to 15 more years of good food, great fun and exceptional culinary adventures!

Ty Speer
President & CEO, Tourism Vancouver

2017 FESTIVAL AT-A-GLANCE

17
DAYS
Every day is a delicious one, packed with dining events and culinary adventures.

284
RESTAURANTS
Vancouver's best mix of restaurants serving up delicious dinners at $20, $30 and $40. Don't forget the BC VQA wine, craft beer and cocktail pairings!

124
EXPERIENCES
From neighbourhood food tours to BC Wine brunches, there's an experience to suit all taste buds.

18
HOTEL OPTIONS
Room rates from $110 per night, plus Dine & Stay packages to go all out!

KEY EVENTS

Chef Soup Experiment
January 20
50 ingredients, one decisively delicious soup. All to help Lower Mainland kids and families access nutritious food. All to help Lower Mainland kids and families access nutritious food. Proceeds go to the United Way's "Stop the Growl" Initiative.

Winter Beer Hall & Cask Fest
January 21
It doesn't have to be October to celebrate beer! Join us at Dine Out's second Annual Winter Beer Hall, and our exclusive Festival Ale.

Discover Railtown Culinary Tour
January 25, 26, 27, February 1, 2, 3
Once the industrial centre of the city and the heart of historic Japantown, this neighbourhood is quickly becoming a food lover's hotspot.

Cocktail Masterclasses
January 28, 29, Feb 4, 5
Award-winning bartender Lauren Mote holds court and leads these one-of-a-kind cocktail seminars.

World Chef Exchange Jan 21, 22, 25, 29, Feb 1
We've decided to take Dine Out global and in doing so we've invited five chefs from as far away as London and Galway for five delicious collaborative dining experiences.

Street Food City VI
January 23 - 29
We take over a section of Robson Street so you can feast from a collection of food trucks!

The Grape Debate – UBC
January 26
What role does the vessel play? Our panel of experts debate the merits of amphora, concrete, oak, and stainless steel vessels! Complete with wine tasting and pop-up wine shop!

Lunar New Year @ Heritage
January 28
Usher in the "Year of the Rooster" with this family-style Chinese New Year feast. Cheers to longevity, fortune and health.

For more details on restaurants, menus, event tickets, and hotel reservations, visit dineoutvancouver.com

CHOOSE YOUR RESTAURANT

$20 PRICE POINT

Afghan Horsemen Restaurant
AllStar Wings & Ribs
American Cheesesteak Co.
Banana Leaf Malaysian Cuisine in Kitsilano
Banana Leaf Malaysian Cuisine on Broadway
Banana Leaf Malaysian Cuisine on Davie
Banana Leaf Malaysian Cuisine on Denman
Banana Leaf Malaysian Cuisine on Robson
Big Rock Urban Brewery & Eatery
Bimini Public House
Blackbird Public House & Oyster Bar
Brasserie Bistro - Coast Plaza Hotel & Suites
Burnaby Mountain Clubhouse
Butcher & Bullock
Cannibal Cafe -Commercial Drive
Cazba Restaurant
Cheshire Cheese
Cheshire Cheese Inn
Cinema Public House
Clough Club
Deepwater Micro Eatery
District Brasserie
Dubh Linn Gate Irish Pub
Fish Shack
Flying Beaver Bar & Grill
Granville Room
Gyoza Bar Ltd.
Hurricane Grill - North Vancouver
Hurricane Grill - Yaletown
Lamplighter Public House
Las Margaritas Restaurante Y Cantina
Library Square Public House
Lickerish Restaurant & Lounge
Lombardo's Restaurant
Lucky Taco
Mahony & Sons - Stamps Landing
Mahony & Sons Public House - Coal Harbour
Match Eatery and Public House - Langley
Match Eatery and Public House - New West
Max's Restaurant – Cuisine of the Philippines
New Oxford
Nonna's Table
Old Spaghetti Factory
Park at English Bay - Best Western Plus Sands Hotel
Red Card Sports Bar + Eatery - Moda Hotel
Relish Public House
Rocky Mountain Flatbread Co. - Kitsilano
Rocky Mountain Flatbread Co. - Main
Spicy6 Indian Cuisine
Stages Bistro & Lounge - Holiday Inn Vancouver Centre
Tap & Barrel - Convention Centre
Tap & Barrel - Olympic Village
Tap & Barrel - Shipyards
TAPshack - Burrard Bridge
TAPshack - Coal Harbour
Three Brits Public House
Timber
Troll's Restaurant
Vaades Indian Restaurant
Village Taphouse

$30 PRICE POINT

ABODE Restaurant
American Grille - Vancouver Airport Marriott
Baci Ristorante
Bay Moorings Restaurant
Bayside Lounge - Best Western Plus Sands Hotel
Beach Bay Café and Patio
Bella Gelateria & Pizzeria - Yaletown
Bellaggio Cafe - Downtown
Bellaggio Wine Bar - Convention Centre
Belmont Bar
Boathouse Restaurant - English Bay
Boathouse Restaurant - Kitsilano
Boathouse Restaurant - New Westminster
Boathouse Restaurant - Port Moody
Boathouse Restaurant - Richmond
Boathouse Restaurant - White Rock
Bogart's Bar & Restaurant - Hampton Inn & Suites
Bottleneck Bar & Grill
Bravo Cucina Ristorante
Bufala
CIPrime Italian Steak & Wine
Cactus Club Cafe - Ash
Cactus Club Cafe - Bentall
Cactus Club Cafe - Byrne Road
Cactus Club Cafe - English Bay
Cactus Club Cafe - Kingsway
Cactus Club Cafe - North Burnaby
Cactus Club Cafe - North Vancouver
Cactus Club Cafe - Park Royal
Cactus Club Cafe - Robson
Cactus Club Cafe - West Broadway
Cactus Club Cafe - Yaletown
Campagnolo Restaurant
Campagnolo Roma
Cardero's Restaurant
Carthage Cafe
Cascade Room
Catch 122 Cafe & Bistro
Catch Kitchen + Bar
CAVU - Hilton Vancouver Airport Hotel
Charcoal & Woodz - Holiday Inn Surrey Cloverdale
Chewies Steam & Oyster Bar - Coal Harbour
Chewies Steam & Oyster Bar - Kitsilano
Chi Modern Vietnamese Kitchen
Chicha Restaurant
Chutney Villa
Cibo Trattoria - Moda Hotel
Cloud 9 Revolving Restaurant - Empire Landmark Hotel
Curve Lounge - River Rock Casino Resort
Distillery Bar + Kitchen
Dunn's Famous Restaurant
Edible Canada
Exile Bistro
Fable Kitchen
Feast Neighbourhood Table
Fishworks
Forage
Frankie's Italian Kitchen & Bar
Gramercy Grill
Guu Garden
Gyu-Kaku Japanese BBQ - Downtown
Gyu-Kaku Japanese BBQ Dining - Broadway
Hapa Izakaya - Coal Harbour
Hapa Izakaya - Yaletown
Harold's Bistro & Bar - Sheraton Vancouver Airport
Horizons Restaurant
Kamei Baru
Kaya Malay Bistro
La Cigale French Bistro
Lobby - The Pinnacle Hotel at the Pier
Maenam
Masa Japanese Restaurant
Moxie's Grill & Bar – Abbotsford
Moxie's Grill & Bar - Davie
Moxie's Grill & Bar - Guilford
Moxie's Grill & Bar - Langley
Moxie's Grill & Bar - Richmond
Nammos Estiatorio
Oakwood Canadian Bistro
Ouisi Bistro
p2b bistro & bar - Pinnacle Vancouver Harbourfront Hotel
Pat Quinn's Restaurant & Bar
Per Se Social Corner
Personas
Pier 7 Restaurant
PIER 73 Restaurant - Pacific Gateway Hotel at Vancouver Airport
Pink Elephant Thai Restaurant Ltd.
Portobello Ristorante
Prestons - Coast Coal Harbour Hotel
Reef Restaurant on Main
Reef Restaurant on The Drive
Romer's - Kitsilano
Romer's - Port Moody
Romer's - River District
Romer's - Yaletown
Royal Dinette

continued next page…

Sai Woo
Saloniki Greek Taverna
Sandbar Seafood Restaurant
Seasons in the Park
Seawall Bar & Grill - The Westin Bayshore, Vancouver
Shady Island Seafood Bar & Grill
Showcase Restaurant & Bar - Marriott Pinnacle Downtown
Siena Restaurant
Spacca Napoli Pizzeria
Spencer's - Delta Vancouver Suites Hotel
Sylvia Restaurant & Lounge - Sylvia Hotel
Teahouse Restaurant
Ten Ten Tapas
The Yale Saloon
Tivoli's Restaurant
Torafuku
Trattoria - Kitsilano
Trattoria Italian Kitchen – Park Royal
Urban Thai Bistro
UVA Wine & Cocktail Bar - Moda Hotel
Vij's Rangoli
Village Resto
Village Table
Water St. Cafe
Yaletown Brewing Co.
Yokohama Teppanyaki Japanese Restaurant
Zend Conscious Lounge

$40 | PRICE POINT

Acorn
Al Porto Ristorante
Ancora Waterfront Dining
AnnaLena
ARC Restaurant - The Fairmont Waterfront
Arms Reach Bistro
Arriva Restaurant
Bacchus Restaurant & Lounge- Wedgewood Hotel & Spa
Bambudda
Baru Latino Restaurante
Biercraft Cambie
Biercraft Wesbrook Village
Bin 941 Tapas Parlour
Bishop's
Bistro Pastis
BISTRO SAKANA Neo Japonesque Sushi & Tapas
Black + Blue
Blue Martini Jazz Cafe
Boulevard Kitchen & Oyster Bar
Bridges Restaurant, Bistro & Bar
Brix & Mortar
Burnaby Riverway Clubhouse
CACAO
Cactus Club Cafe - Coal Harbour
Cafe Il Nido
Cafe One - Sheraton Vancouver Wall Centre Hotel
Carver's Steakhouse
Chambar Restaurant
Chill Winston
Chop Steakhouse & Bar
Ciao Bella Restaurant
CinCin Ristorante + Bar
COAST Restaurant
Copper Chimney - Executive Hotel Le Soleil
Cuchillo
DIVA at the Met - Metropolitan Hotel, Vancouver
Dockside Restaurant - Granville Island Hotel
e.b.o restaurant & lounge in the Delta Burnaby
East is East Chai Lounge - Broadway
East is East Chai Lounge - Main Street
Ebisu on Robson
Federico's Supper Club
Francesco's Ristorante Italia
GLOWBAL at Telus Garden
Gyu Teppanyaki
Hart House Restaurant
Homer Street Cafe and Bar

continued next page…

Dubh Linn Gate Irish Pub
MAIN STREET

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House Special Vietnamese
Italian Kitchen
Joe Fortes Seafood and Chop House
Juniper
Kamei Royale Japanese Restaurant
Keg Steakhouse + Bar - Alberni
Keg Steakhouse + Bar - Burnaby
Keg Steakhouse + Bar - Coquitlam
Keg Steakhouse + Bar - Dunsmuir
Keg Steakhouse + Bar - Granville Island
Keg Steakhouse + Bar - Langley
Keg Steakhouse + Bar - Maple Ridge
Keg Steakhouse + Bar - Morgan Creek
Keg Steakhouse + Bar - Richmond South
Keg Steakhouse + Bar - Scott Road
Keg Steakhouse + Bar - Yaletown
Kobe Japanese Steak House
La Buca
La Pentola - Opus Hotel
La Terrazza
L'Abattoir Restaurant
LIFT Bar Grill View
Mangia e Scappa
MARKET by Jean-Georges
Minami Restaurant
Mission Kits Restaurant
Mosaic Bar & Grille - Hyatt Regency Vancouver
Notch 8 Restaurant & Bar- The Fairmont Hotel Vancouver
Observatory - Grouse Mountain Resorts
Oceans 999 - Pan Pacific Vancouver
Pidgin
Poor Italian Ristorante
Provence Marinaside
Reflect Social Dining + Lounge
Ritual
Salmon House on the Hill
Salmon n' Bannock Bistro
Shaughnessy Restaurant
Sorella
Steel Toad Brewpub & Dining Hall
Tableau Bar Bistro - Loden Hotel
The Greek by Anatoli
Top of Vancouver Revolving Restaurant
Tramonto - River Rock Casino Resort
Vancouver Fish Company Restaurant & Bar
Vij's
West Oak Restaurant
West Restaurant + Bar
Wild Fig
Wildebeest
WildTale Coastal Grill
Yaletown L'Antipasto
YEW seafood + bar
Zen Japanese Restaurant

READY TO RESERVE? HERE'S WHAT YOU DO:

1. Go to dineoutvancouver.com
2. Search restaurants by price, location, cuisine style.
3. Make a reservation online or call the restaurant directly.
4. On the night, pair your meal with a BC VQA wine or other beverage options.
5. Share #MyDineOutStory @DineOutVanFest #DOVF
6. Repeat!

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WINES OF BRITISH COLUMBIA
WineBC.com

2 CHANCES TO WIN A SEASONAL BC VQA WINE-TOUR EXPERIENCE

To Enter post a picture that represents your wine and food experience on Instagram or Twitter **#ExploreBCWine**. Visit WineBC.com for full details.

COMPLETE EVENT LISTINGS

Match the date with the venue number

Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27	Saturday, January 28	Sunday, January 29
4, 17	4, 18	4, 19, 22	2, 5, 20, 25	2, 5, 17	2, 5, 8, 16, 29	3, 7, 10, 31
5	5, 19	5, 20, 23	3, 16, 22, 26	3, 6, 22	3, 6, 9, 17, 30	4, 8, 17
16	17	17, 21	4, 17, 24, 27	4, 9	4, 7, 14, 28	5, 9, 28

Monday, January 30	Tuesday, January 31	Wednesday, February 1	Thursday, February 2	Friday, February 3	Saturday, February 4	Sunday, February 5
4	4	4, 22	2, 5	2, 5	2, 5, 8, 28	3, 7, 10
5	5	5, 33	3, 16	3, 9	3, 6, 9, 34	4, 8, 28
16	32	18	4, 22	4, 22	4, 7, 14	5, 9

Venue number

1

Chef Soup Experiment
January 20
50 ingredients, one decisively delicious soup. All to help Lower Mainland kids and families access nutritious food.

2

Craft Beer & Tacos Tour
January 20, 21, 22, 26, 27, 28
February 2, 3, 4
Hop on tour with Vancouver Brewery Tours to experience the greatest pairing mankind has ever seen, craft beer and tacos!

3

Granville Island Market Tour – Unlocked for Locals
January 20-22, 26-29,
February 2-5
Take charge of your local status with this special edition tour.

4

Nightingale's Chef's Table Experience
January 20 to February 5
Feast at one of Vancouver's most delightful dining tables and enjoy an 'alla famiglia' style serving of fun and fantastic food.

5

Chef Ned Bell's Pop-Up Bistro
January 20 to February 5
Forget the Fish 'n' Chips. This pop-up bistro at the Vancouver Aquarium you won't want to miss.

6

Secret Supper Soiree
January 20, 21, 27, 28,
February 4
Vancouver's most unique culinary road trip — Hop on board this food filled adventure and enjoy a dining experience like no other.

7

Neighbourhood Brunch Crawls
Explore Vancouver's diverse neighbourhoods on these unique "Vancouver Foodster" inspired Saturday and Sunday morning adventures in brunch!

January 21: Gastown
January 22: Kitsilano
January 28: East Village
January 29: Yaletown
February 4: Robson & West End
February 5: Commercial Drive

8

Discover The East Village Culinary Tour
January 21, 22, 28, 29
February 4, 5
Wake up with us on a 2-hour journey along Hastings street and learn more about this historic and multi-cultural street.

9

Sip, Savour & Shop on Main
January 21, 22, 27, 28, 29,
February 3, 4, 5
Once known as "Antique Way", this section of Main is now teeming with delicious hidden gems.

10

Vancouver Coffee Tour
January 21, 29, February 5
With so much fantastic coffee in Vancouver, we would be crazy to let you skip it.

11

Vancouver World Chef Exchange – Mexico City
January 21
Join CACAO Vancouver Chef Jefferson Alvarez in welcoming Mexico City's Chef Jair Tellez for this Latin American collaboration.

12

Winter Beer Hall & Cask Fest
January 21
It doesn't have to be October to celebrate beer! Join us at Dine Out's second Annual Winter Beer Hall, and our exclusive Festival Ale.

13

Brewmaster's Breakfast
January 22
Wake up and wander over for breakfast with the Brewmaster. Home of our very own Dine Out Van Fest Ale. Family friendly.

14

Vancouver's Best Roasting, Coffee & Beer Tour
January 22, 28, February 4
Do you know what goes into the roasting of your favourite bean? Why not even throw in some winter beer, eh?

15

Vancouver World Chef Exchange – Galway
January 22
Join Vancouver Aquarium Executive Chef Ned Bell in welcoming Michelin Star, Chef JP McMahon for this inspired collaborative dining experience.

16

Hawksworth's Side Dishes
January 23, 26, 28, 30
February 2
Hawksworth Restaurant returns to its roots this Dine Out with this series of sommelier and supplier led long table dinners.

17

Street Food City VI
January 23 - 29
We take over a section of Robson Street so you can feast from a collection of food trucks!

18

Get Crafty
Main: January 24
Kits: February 1
Prepare to get floured as you roll up your sleeves and your pizza making host guides you through creating the perfect artisan pizza! Craft beer included.

19

Robbie Burns Celebration: Seminar & Dinner
January 24, 25
Celebrate the birth of Scotland's favourite son with this exclusive whisky masterclass and dinner with special guest, World Class Global Champion Charles Joly.

20

Act I: Eat 1 – Cuisine & Confessions
January 25, 26
In this gigantic kitchen, nine acrobats unite to create the most delightful meal.

21

Art, Eat & Sip
January 25
Follow your "passport" as your guide on this art and inspired food and drink tour of Granville Island.

22

Discover Railtown Culinary Tour
January 25, 26, 27,
February 1, 2, 3
Once the industrial centre of the city and the heart of historic Japantown, this neighbourhood is quickly becoming a food lover's hotspot.

23

Vancouver World Chef Exchange – London
January 25
Join AnnaLena Executive Chef Michael Robbins in welcoming London's Michelin Star Chef James Lowe for this unique collaboration dinner.

24

Medina Down Under
January 26
Take a trip down under with Café Medina and this exclusive Australia Day celebration dinner.

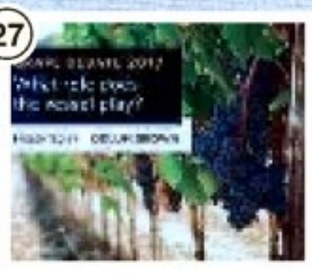
25

Perfect Pizza Cooking Class
January 26
Learn to make flatbread pizza from scratch with the help of Chef Oliver, corporate chef of Rocky Mountain Flatbread!

26

Tasters, Tapas & Talent
January 26
The Belmont Bar brings a whole new flavour to Granville Street, offering a wide selection of craft beers, cocktails, tapas and live music!

27



The Grape Debate – UBC
January 26
What role does the vessel play? Our panel of experts debate the merits of amphora, concrete, oak, and stainless steel vessels! Complete with wine tasting and pop-up wine shop!

28

Cocktail Masterclasses
Award-winning bartender Lauren Mote holds court and leads these one-of-a-kind cocktail seminars.
January 28: France
January 29: Scotland
February 4: Latin America
February 5: Bitters

29

Explore BC Wine Brunch at Hart House
January 28
Iconic setting. Iconic wines. Explore the pleasures of food and wine at a special Saturday brunch.

30

Lunar New Year @ Heritage
January 28
Usher in the "Year of the Rooster" with this family-style Chinese New Year feast. Cheers to longevity, fortune and health.

31

Vancouver World Chef Exchange – New York
January 29
Join L'Abattoir Executive Chef Lee Cooper in welcoming New York and Boston based Chef Jamie Bissonnette for this unique collaborative dinner.

32

Mamie's Low Country Pig Roast
January 31
Nothing beats some good ol' fashioned comfort food in the dead of winter.

33

Vancouver World Chef Exchange – San Francisco
February 1
Join Timber Executive Chef Chris Whittaker in welcoming San Francisco Chef Ryan McIlwraith for this unique collaborative dinner.

34

Explore BC Wine Brunch @ Boulevard
February 4
Take your taste buds on a voyage of discovery at this elegant wine-lover's brunch hosted by Boulevard Kitchen & Oyster Bar.

Dine Out Vancouver World Chef Exchange

PRESENTED BY aeroplan

The Vancouver World Chef Exchange, presented by Aeroplan, is a collaborative initiative spearheaded by Tourism Vancouver and designed to spread Vancouver's culinary story across the globe. It brings the world's leading food cities closer together with local and international chefs teaming up to craft a series of powerhouse feasts, fusing global flavours and regional ingredients for a once-in-a-lifetime dining experience.

Pairing the world's most creative culinary talents with Vancouver's own is no small feat. Through our close relationships with Vancouver chefs and industry colleagues, we have invited five exceptional chefs from all corners of the world to join us in Vancouver, step into their partner chefs' kitchen, and cook up a storm during their Dine Out collaboration.

This year's culinary all-stars hail from Mexico City, San Francisco, London, Galway and New York. They take inspiration from their respective restaurants' most popular dishes, their own cultural influences and favourite fare, local and seasonal ingredients and then blend these together with those of their Vancouver hosts. Each pairing is unique and is an authentic extension of the close friendships these artists have forged with each other.

Tourism Vancouver would like to thank the presenting sponsor, Aeroplan, and supporting sponsors, Air Canada and the Westin Bayshore Hotel, for making these collaborations possible. We hope you will enjoy these dinners as much as we've enjoyed putting them together. Tickets are limited and available for purchase at dineoutvancouver.com

Galway's Chef JP McMahon and Vancouver's Chef Ned Bell at the Vancouver Aquarium. January 22

Details: Joining Chef Ned Bell in the kitchen at the Vancouver Aquarium is Chef JP McMahon from Galway, Ireland. McMahon is culinary director of the celebrated Eat-Galway Restaurant Group (comprised of Aniar, Cava Bodega and Eat Gastropub) as well as founding chair and director of the Galway Food Festival. McMahon's menus marry contemporary Irish cooking with Spanish flare.

Continued next page…

Mexico City's Chef Jair Tellez and Vancouver's Chef Jefferson Alvarez at Cacao. January 21

Details: Chef Jefferson Alvarez of Cacao Progressive Latin welcomes Chef Jair Tellez, one of Mexico's most influential chefs and a champion of locavorism. His roster of highly praised restaurants includes Laja, MeroToro, and recently opened Amaya, all serving delicate Baja-style dishes and organic wines. Joining Chefs Alvarez and Tellez is special guest Nidal Barake, Miami-based food writer and co-founder of Gluttonomy, a creative agency specializing in food businesses.

Join the Conversation:

@DineOutVanFest #DOVF groups/dineoutvanfest
DineOutVancouverFestival dineoutvanfest

London's Chef James Lowe and Vancouver's Chef Michael Robbins at AnnaLena. January 25

Hailing from London, Chef James Lowe joins Chef Michael Robbins at Vancouver's AnnaLena. Chef Lowe honed his culinary skills at The Fat Duck, La Trompette and St. John's before opening his Michelin-starred restaurant Lyle's London in the chic Shoreditch district. Lyle's serves up fresh and seasonal dishes peppered with international flavours.

New York & Boston's Chef Jamie Bissonnette and Vancouver's Chef Lee Cooper at L'Abattoir. January 29

L'Abattoir's Chef Lee Cooper welcomes James Beard Award-winning chef and restaurateur Jamie Bissonnette. Splitting his time between New York and Boston, Bissonnette heads up Boston's Italian enoteca Coppa, and three locations of Barcelona-style tapas bar Toro (Boston, New York and Bangkok). Most recently, he opened Little Donkey, a global-inspired small plates restaurant and raw bar in Cambridge, Massachusetts.

San Francisco's Chef Ryan McIlwraith and Vancouver's Chef Chris Whittaker at Timber. February 1

Chef Chris Whittaker of Forage and Timber brings San Francisco-based Chef Ryan McIlwraith back to his Vancouver roots. Born and raised in Vancouver, McIlwraith manned the kitchen at numerous award-winning restaurants across the country before landing at San Francisco's Bellota as executive chef. His menus are inspired by the regional cuisines and traditions of Spain.

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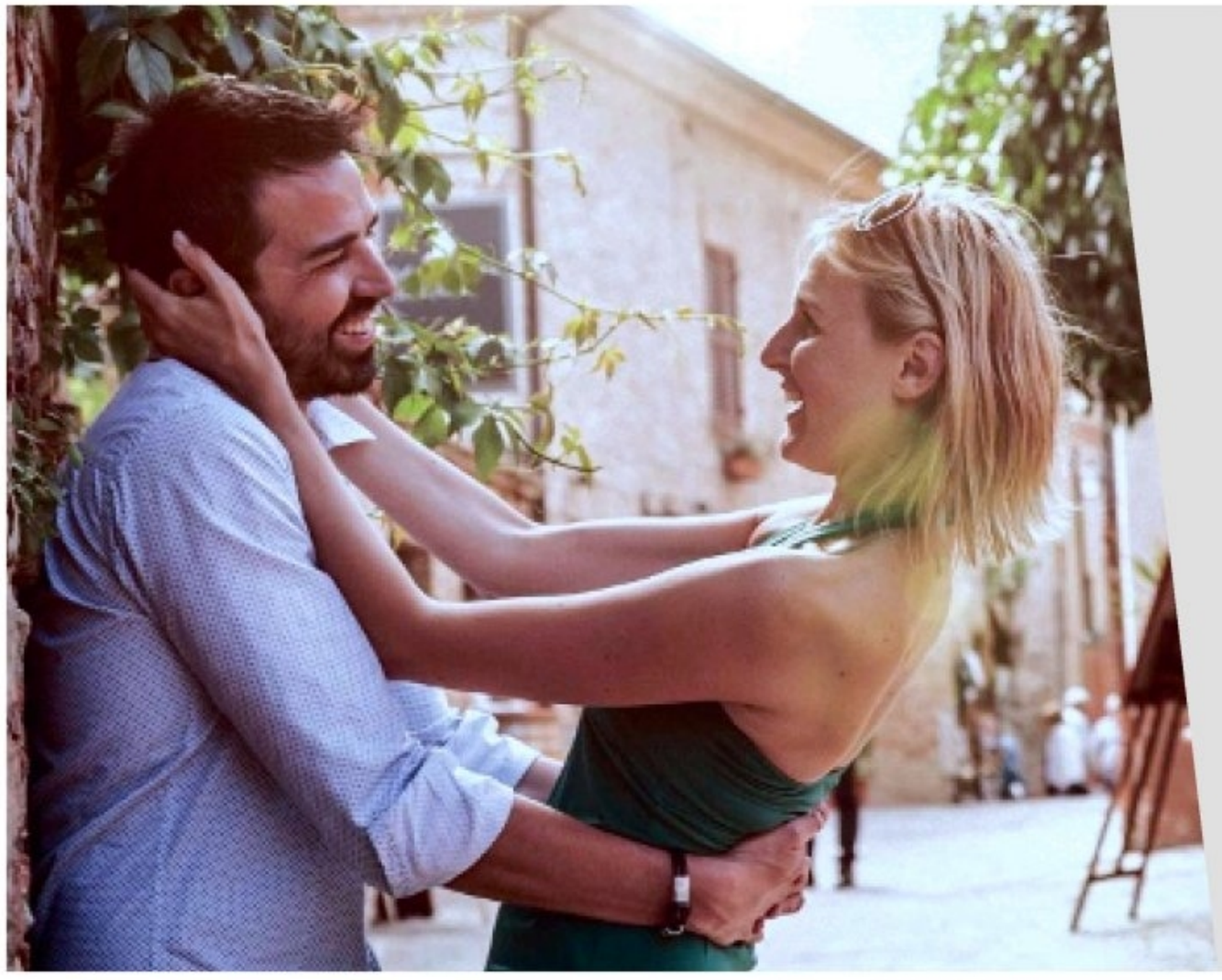

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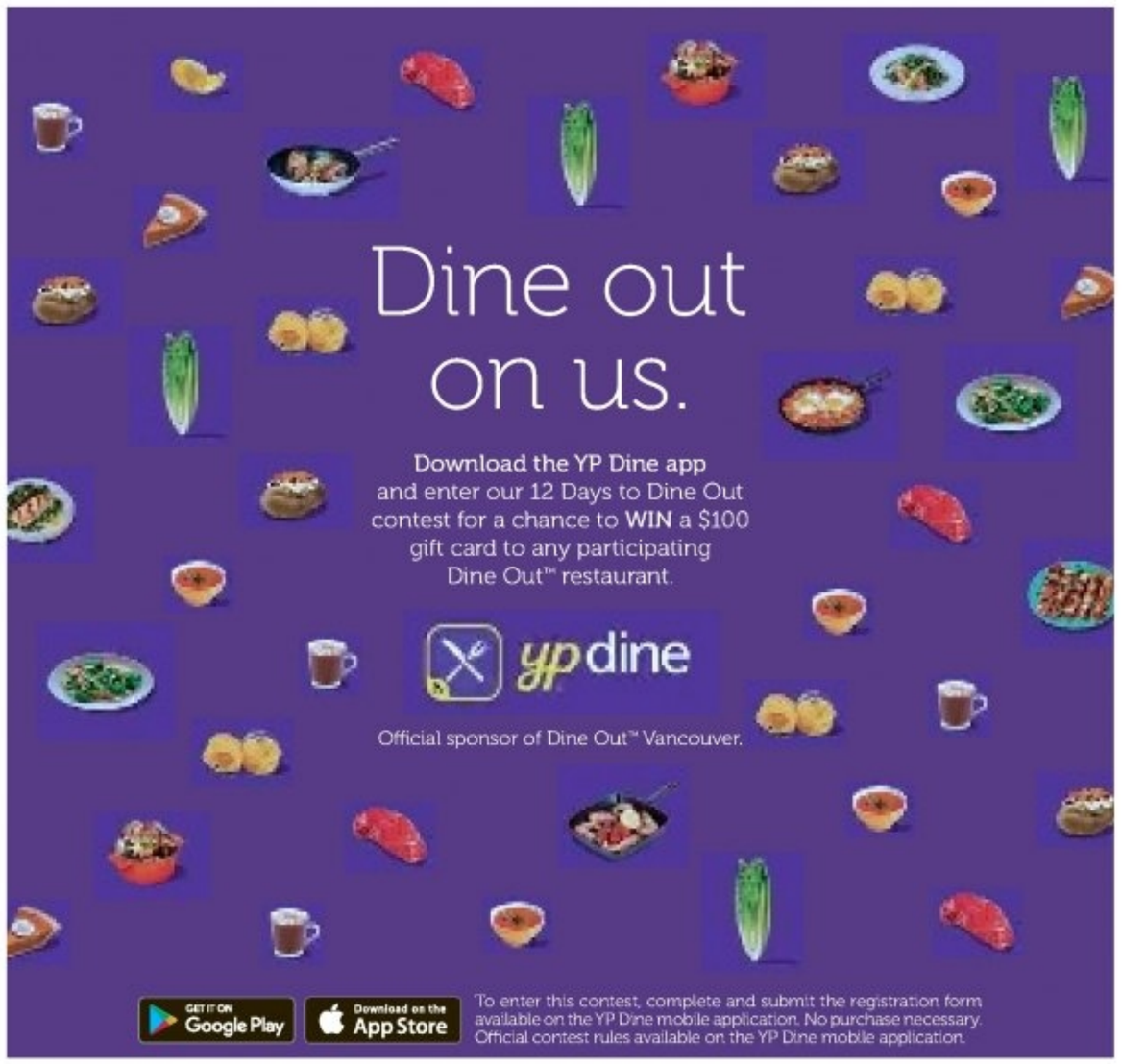

PUT YOUR HEAD IN BED AND AMUSE YOUR BOUCHE

Extend your night out during the Dine Out Vancouver Festival with one of these experiences:

Special Hotel Rates

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The Burrard
The Listel Hotel
Ramada Inn and Suites Downtown Vancouver
Rosellen Suites at Stanley Park
The Sylvia Hotel

$140

Westin Bayshore, Vancouver
Granville Island Hotel
Sheraton Vancouver Wall Centre Hotel

Dine and Stay Packages

Designed for a night out, these packages offer exceptional value by combining your overnight accommodation and a Dine Out dinner into one convenient bundle.

Packages start at $199.

Club Amuse-Bouche Collection

Designed for the culinary aficionado, we've curated an exquisite selection of hotel packages that pair once-in-a-life-time culinary experiences with deluxe accommodation.

The Fairmont Hotel Vancouver has made it their mission to immerse you in a night of malt with their "Night of Whiskey Business" package which includes a private cocktail class, a multi-course whiskey themed dinner, and a night of luxurious personal service on the Fairmont Gold floor.
*Starting at $899.**

The Fairmont Waterfront Hotel invites you to shop like a chef. Explore Vancouver's Granville Island Market with Executive Chef Karan Suri on an interactive culinary adventure, and enjoy lunch prepared especially for you with your market bounty. Stay for dinner as well as two nights' accommodation.
*Starting at $1,116.**

The Opus Vancouver invites gluttonous gourmets and gastronomes alike to spend a night and relish the rare opportunity of an hour long private cooking lesson with Chef Travis McCord. After learning from the culinary master, students become judge as they sip and savour a private (and personally curated) lunch.
*Starting at $649.**

**Rates are based on availability, on a per room, per night basis, or as otherwise specified. Canadian Dollars. Taxes not included.*

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Dine Out Vancouver Festival – Celebrating 15 delicious years!

Fifteen years ago, a group of food and wine enthusiasts got together with the team at Tourism Vancouver and pitched an idea of a fixed price menu deal to get people out and into restaurants during a normally slow time of the year. Fifty-seven restaurants jumped on board and from that stellar yet humble beginning, Dine Out Vancouver Festival has grown into Canada's largest food and drink festival featuring over 280 restaurants, a full 17-day schedule of food-forward events and experiences, and special overnight accommodations options that give local and visiting culinary enthusiasts the best opportunity to taste the best flavours of the city.

Along with Premier Partner Aeroplan, Festival Partners the Wines of British Columbia and YP Dine and a host of other Preferred Partners, Tourism Vancouver is proud to continue to showcase our city's culinary talent as well as the many culinary experiences that only a city like ours can offer: everything from neighbourhood brunch crawls to lunch-hour food truck fests, and from craft beer tours to BC VQA wine tastings.

Vancouver's multicultural influences along with immediate access to fresh ingredients from our ocean, valleys and fields, lend to our stature as one of the world's greatest food hubs. Vancouver's culinary future is bright and we're thrilled to share and shine the spotlight.

Thank you for your support.

Help us "Stop the Growl"

Chef Soup Experiment: Friday, January 20

Start your Dine Out experience by helping Lower Mainland kids access nutritious food and knowledge about how to eat well and be healthy! We asked Dine Out participating restaurant chefs to each add an ingredient to a collective soup. That's a lot of ingredients! Join us at Bistro 101, Pacific Institute of Culinary Arts, (1505 West 2nd, Granville Island) as we serve portions of this delicious soup to the public. Soup will be provided at a suggested donation with 100% of proceeds going towards the United Way's "Stop the Growl" initiative.

1 in 10 children in BC are hungry — many of them right here in the Lower Mainland. United Way provides nutritious food to almost 50,000 kids in local after-school programs. Together, we can help even more kids thrive.

Learn more at stopthegrowl.ca

United Way Lower Mainland

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